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## Indigenous education gap persists

AUDITOR GENERAL

### Report critical of province's plan to address the disparity

The high-school graduation gap between indigenous and non-indigenous students in Manitoba has worsened despite new government programs and spending, says the province's auditor general.

A 50-page report from Norm Ricard also said that despite years of effort, the government still hasn't identified the barriers indigenous students face in finishing Grade 12.

About 55 per cent of indigenous students are completing high school compared with 96 per cent of non-indigenous, the

report said. The gap is slightly wider than in 2010, when 57 per cent of indigenous students were finishing high school.

"Research literature shows that high-school graduation is an essential building block in helping people gain employment, earn a higher income and achieve overall well-being and prosperity," Ricard wrote.

"The implementation planning for the ... goal of improving educational outcomes for K-12 indigenous students was weak."

The report said while the government has aimed to improve indigenous education outcomes since 2004, its plan — including two grants to school divisions targeted specifically at helping indigenous students — has been vague and poorly thought out.

THE CANADIAN PRESS

Ronnie Leathwood, Jessica Floresco and Jeff Ritchot work with Mother Earth Recycling. ELISHA DACEY/METRO



## BOUNCING BACK

Mattress-recycling depot to provide training, jobs

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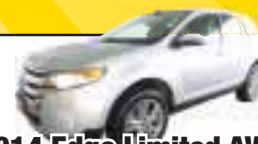
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## VEHICLES

### Province pitches plate stickers

Modern policing technologies have eliminated the need for Manitobans to apply validation stickers to their licence plates.

Manitoba Public Insurance says the stickers will be phased out completely by March 2021, after Autopac agents stop issuing them March 1, 2016.

The minister responsible for MPI, Gord Mackintosh, said it's not only more convenient but also reflects the fact that "police agencies are continually upgrading and enhancing their ability to deal with crime." Police vehicles are equipped with on-board computers, which allow officers to check a vehicle's registration status in real time, eliminating the need for visible stickers.

Further to that tech, police now

use automated licence-plate readers that alert officers immediately if registration and insurance has lapsed. Customers who renew Autopac policies will be issued blank stickers to cover up existing stickers, and anyone getting a new plate will not be required to apply the month and year stickers. METRO



**With (that technology), police officers are better equipped to immediately address offenders.**

RCMP Insp. Joanne Keeping

## COURT

### Former fire official to find out his fate

A former Manitoba fire commissioner will find out his fate Monday after pleading guilty to breach of trust and forgery in November 2015.

Christopher Jones took up to \$50,000 of provincial money, stolen in 21 separate accountable advances between 2009 and 2011.

Jones read a statement in court Thursday apologizing for what he did and said he was not a risk to reoffend. Court heard that part of the money was used to pay off his personal overdraft.

The Crown said Jones and three subordinates entered false

expense claims to clear the advances from the government system. The three subordinates did not get money for their participation and all were fired from their jobs, but none were charged.

The defence said Jones had also been diagnosed with cancer when the misuse of funds came to light, at a time when the province and fire commissioner were also dealing with the 2011 flood. The Crown is asking for 15 months in jail, while the defence wants a conditional sentence with no jail time.

THE CANADIAN PRESS

# Shootout shuts down Regent Ave.

## CRIME

### Man allegedly fled from police in stolen vehicle after robbery



**Elisha Dacey**  
Metro | Winnipeg

No one was hurt, but eastbound Regent Avenue was shut down in two places Saturday morning after a robbery on Kenaston Avenue.

Winnipeg police said it started at about 3:40 a.m. at the PetroCanada station on Kenaston Avenue when a man entered the store and confronted the female clerk. After robbing the place, he left but tried to come back in, only to find the door locked, a source with knowledge of the situation said.

Police said the man had a gun and fired shots at the door, with the clerk and customers inside, before fleeing in a vehicle.

The clerk called police with a licence-plate number which came up stolen. A citywide search by police saw the vehicle spotted a while later on Regent Avenue.

Police said they gave chase and the man exchanged gunfire with officers from the stolen car while fleeing down Regent Avenue eastbound. The driver



Winnipeg police at the scene of an arrest on Lagimodiere Boulevard and Springfield Road early Saturday morning. METRO

eventually turned around westbound on Regent Avenue before speeding down Lagimodiere northbound.

The man then went west on Springfield until it dead ended. At this point, said police, the

man ditched the stolen car and was snagged by the K9 unit.

The man was taken to hospital with injuries from dog bites, said the source.

Winnipeg police said Sunday Anthony Joseph Raposo, 51, is

now in custody and faces numerous charges, including three counts of attempted murder, robbery with a firearm, two counts of discharging a firearm in a reckless manner and several others.

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**IN BRIEF****Liberals vow to examine minimum income for poor**

The Manitoba Liberals are promising an updated look at a guaranteed minimum income if they win the April 19 election.

Liberal Leader Rana Bokhari says she would set up a pilot project in which poor people would be assured a certain amount of money each year to improve their circumstances.

Bokhari says she would run the experiment in two communities to be decided later.

Research from a similar project in Dauphin in the 1970s found an assured income reduced the number of hospital visits and improved the overall health of residents.

The experiment cost \$17 million for a community of 10,000, and the federal government paid three-quarters of the cost. THE CANADIAN PRESS

**Police chastise drivers for racing on river ice**

Despite a late start to the Manitoba ice-fishing season, concerns over recent disturbing behaviour are quickly spreading.

RCMP say they received a complaint this week about a truck and car racing on the Red River.

Const. Paul Human calls it "risky, horrible behaviour" that could have tragic consequences.

He says an out-of-control vehicle could easily crash into a group of people or other vehicles.

He says the Highway Traffic Act doesn't apply on the river but Mounties could lay Criminal Code charges such as mischief or dangerous driving.

Fishers have also complained to police about their ice shacks being vandalized. THE CANADIAN PRESS



Minister of Jobs and the Economy Kevin Chief meets with workers at Mother Earth Recycling on Sunday. ELISHA DACEY/METRO

# Partners help put joblessness to bed

**EMPLOYMENT**

## Indigenous workers to get experience at mattress depot



**Elisha Dacey**  
Metro | Winnipeg

There will be no sleeping on this job.

Mother Earth Recycling announced Sunday a partnership with the province, Take Pride Winnipeg and Ikea to open

Manitoba's first mattress-recycling depot.

Manitobans who purchase a new mattress through Ikea can have their old mattress taken away and recycled at Mother Earth Recycling for \$10.

The partnership will create several jobs and training for North End indigenous workers, many of whom have no job training or need a second chance, said Mother Earth management consultant Jessica Floresco.

"We want to do six-month cycles. We'll take in four to six people at a time, train them in the process of (recycling) a mat-

tress ... and train them in basic job skills. At the end of the six months, we'll help them do a resumé and help them learn to look for jobs."

Jobs and the Economy Minister Kevin Chief said the province was funding the program as a two-year pilot.

Mother Earth will break down mattresses into four basic recyclables, said Floresco: wood, steel, fabric and foam. While partnerships for each

**90%**

Amount of a mattress that can be recycled, according to Mother Earth. Hard plastic corners and rope handles are the exceptions.

of those recyclables have yet to be finalized, that will happen in the coming weeks, she said.

Floresco said Mother Earth plans to eventually build a decontamination unit where mattresses can be heat treated.

"Right now, when Ikea or any company goes out to pick up a mattress, they'll only take it (for recycling) if they do a visual inspection, deem that it is safe and clean to take out."

**AIR TRAVEL**

## Discount flight may cost you: Advocate

An air-passenger advocate is raising licensing concerns with Canada's new ultra-low-cost air-travel company, NewLeaf.

Gabor Lukacs says people should be alarmed that it's unlicensed, saying that leaves passengers with financial risk.

NewLeaf is partnering with Flair Airlines, based in Kelowna, B.C., to offer cheap flights out of smaller airports in five provinces.

NewLeaf, based in Winnipeg, agrees the company does not have its own operating licence. But president and CEO Jim Young says the company does not need one because Flair Airlines already has a licence.

Young says Flair aircraft and staff will be used for NewLeaf flights. "All the same terms and conditions and contracts of carriage exist with Flair as they would exist with NewLeaf," Young tells CTV News.

Lukacs says the licensing arrangement could leave passengers in limbo if baggage gets damaged or lost or if the company cancels or delays a flight.

"It's a question of who has commercial control, who sets the schedules, who decides what the terms and conditions are," he says. "They have two separate statements about baggage and liability. One says \$750, the other says \$1,500. Then go to the bottom of the page and look up Flair Airlines terms and conditions; they say \$250," says Lukacs. "Now which of them is going to apply? Whichever is best for the airline?"

Chris Lapointe, Flair Airlines' vice-president of commercial operations, says Flair's tariff document, including baggage liabilities, is still under review. Once NewLeaf service begins, Flair's tariff document will be applied. THE CANADIAN PRESS



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## INFRASTRUCTURE

# City looks to feds for \$1B sewage plan help

Winnipeg's finance chair has a suggestion for Prime Minister Justin Trudeau as to where he can spend some of his billions promised in new infrastructure dollars.

Coun. Marty Morantz took a moment during Friday's finance committee meeting to point out math that shows the costs of upgrades and expansions required for the city's four water and sewage treatment plants will topple nearly \$1 billion.

With its \$990-million price tag, Morantz said this is the single largest multi-year capital project in the city's books.

"It's not something people really want to think about because it's not really a very exciting subject," he told reporters afterwards.

"But if you look at the math (it's) close to \$400 million more expensive than even the south west rapid transit line."

Because wastewater is a utility, he said the cost of those upgrades would fall onto the shoulders of ratepayers.

A concern given the fact the city is covering the majority of the bill, paying \$700 million, with the province having committed to \$234 million in funding.

Meanwhile, Morantz said the federal government has only offered up \$53 million.

"This is really an area where I think the federal government could play an enormous role," he said.

"This is an environmental initiative."

Prioritizing federal spending for infrastructure projects is ultimately a decision left up to those in government, Morantz said, but agreed that water and waste upgrades should be at the table for options.

"The question should be asked, among many questions of the federal government, whether or not they would look seriously at assisting the ratepayers of the City of Winnipeg and helping to get these projects completed," he said.

STEPHANIE TAYLOR/METRO

**“This is an environmental initiative.”**

Coun. Marty Morantz

## TRANSPORTATION

# Public-transit safety campaign launches

Passengers of Winnipeg Transit will soon be targets of a new awareness campaign, aiming to increase driver safety on buses.

The city recently announced the launch of a new code of conduct public education initiative, which kicks into effect Monday.

New signage will be posted on buses and around transit stops, outlining the transit code of conduct and the consequences for subsequent violations.

"The goal of this public education campaign is to improve the safety and security of transit employees and customers," Winnipeg Transit director Dave Wardop said in the release.

METRO



Police Chief Devon Clunis says he's not sure why people are still talking about the decision to buy an armoured vehicle. CONTRIBUTED

# Police chief defends armoured vehicle

## PUBLIC SAFETY

# City's top officer says purchase is being 'over-politicized'



Winnipeg's police chief made it clear to a recent city committee he's ready to move on from the "over-politicizing" of the force's recent armoured vehicle purchase.

Devon Clunis was responding to concerns raised by finance

committee chair Coun. Marty Morantz, who questioned how it was that a \$343,000 armoured vehicle was bought outside the knowledge of the police board or recorded in the capital budget.

"If I can be honest, I'm quite surprised that we're still talking about it," Clunis told the committee.

He cited that in the police service's 140-year history vehicle purchases have always been categorized as operational, not capital expenses.

Clunis also underscored how the decision fell well within the existing legal protocol — alluding to the fact the police chief has permission to reallocate up to \$500,000 in operating

expenses every budget year.

Coun. Scott Gillingham, who is also chair of the police board, told Friday's committee he believes the vehicle purchase was made in "good faith," but revealed several "gaps" in the current policies.

From now on, he said police purchases exceeding \$100,000 would require board consent.

However, Morantz questioned Clunis's distinction between vehicles as capital or operational expenses, citing that a bomb unit truck replacement scheduled for 2019 is listed in the police's capital budget.

"I have to be honest again, are we over-politicizing this event? There will be many other issues in the future that we'll

have to change and we can certainly do that behind close doors," Clunis said.

"I don't believe it always has to be a public dialogue."

He also added that he did not "appreciate" the perception the police service in any way attempted to act outside the authority of the board.

Afterwards, Clunis told reporters the vehicle purchase was made with a sense of urgency, given recent incidents involving gun violence and officer safety.

He reiterated the force was following established protocol, but is always open to changing the rules.

"No one is bucking the change, but there's better ways to get to the end result," he said.



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# Gap in support for teachers

## LGBTQ ISSUES

### Educators held back by system resources, professor says



**Braeden Jones**  
Metro | Winnipeg

A national study led by a University of Winnipeg professor found widespread teacher support for LGBTQ students doesn't always translate into action.

The "Every Teacher Project" report shows about 3,400 teachers were interviewed during the 2012-13 school year, making it the largest study of its kind in the world to date.

Of those teachers, 99 per cent agreed "it is important for students to have someone to talk to" about LGBTQ issues, but only 75 per cent of secular school teachers — and 57 per cent of Catholic school teachers — feel comfortable being that someone.

Only 37 per cent of the educators reported having participated in LGBTQ-inclusive efforts at their school.

"We looked into the data and found that teachers were typically being held back by system

resources," said Catherine Taylor, the U of W education professor who headed the project with colleagues at U of W, the University of Manitoba and the Manitoba Teacher's Association.

Teachers identified a lack of training, professional development, coverage in Bachelor of Education programs and a lack of support from school divisions and ministries of education as issues.

"That's discouraging in a way but it's also something that points (to) a way forward for us and shows us what needs to be done in order to improve the situation," she said.

Last week, the Alberta Ministry of Education released guidelines for school divisions to draft policies that protect LGBTQ students from discrimination; Taylor said the move is an example of what's needed.

"Most of the pressure to do this work has come from students and from teachers who see the harm caused by homophobia," she said. "But it would be nice if the grass-roots could have the support of authorities at the highest level."

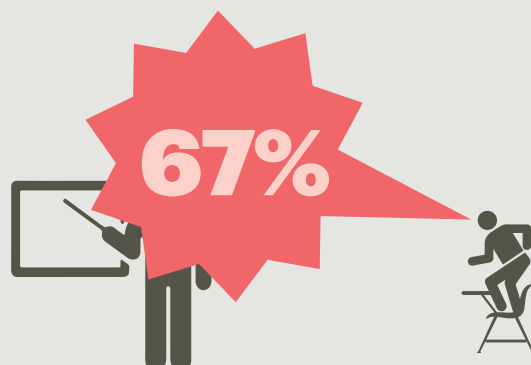
The report's dozens of recommendations include LGBTQ-specific legislation and district policy, mandatory LGBTQ content in curriculum, and the provision of LGBTQ professional development.



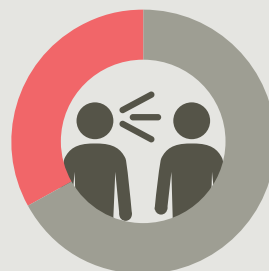
**Catherine Taylor** says the new report shows only 37 per cent of teachers have participated in LGBTQ-inclusive efforts at their school. **BRAEDEN JONES/METRO**

## + EVERY TEACHER PROJECT

### Some of the numbers from the survey



67% of participants were aware of a teacher being harassed by students for being LGB, and 23% aware of a teacher harassed by a student for their gender expression.



67% of educators were aware of verbal harassment of LGBTQ students in the past 12 months.

#### In addition to



43% aware of cyber-bullying



33% aware of physical harassment



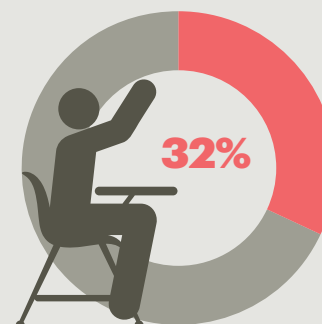
23% of sexual harassment.



55% of teachers surveyed knew of the student victims of that harassment engaging in self-harming behaviours.



30% of educators felt their schools have responded effectively to homophobic, biphobic and transphobic harassment.



32% of respondents had attended LGBTQ professional development.

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# Women fighting back

MIDDLE EAST

## Film captures revolution in Rojava, Syria

Women taking power in ways the Middle East has never before seen. Men, at their side, taking the radical transformation in stride.

And together, by consensus, both fighting tooth and nail against the Islamic State of Iraq and the Levant (ISIL) — and winning — liberating towns and villages in northern Syria with the promise of a new kind of freedom, where all are welcome to a fair share of collective self-rule, regardless of gender, religion or ethnicity.

It is actually happening throughout the sliver of terrain known as Rojava, the predominantly Kurdish territory abutting Syria's border with Turkey.

The Islamic State of Iraq and the Levant (ISIL) doesn't like it. Turkey doesn't like it. Bashar Assad doesn't like it. Yet the quiet revolution in Rojava isn't just taking root; it is growing, thanks in part to the White



From left, Tarine Homs, Rabeha Hessin and Majdoleen Sheran, part of the revolution taking hold in the Rojava territory of northern Syria. COURTESY NADIM FETAH

House, which has deputized the mostly Kurdish revolutionary fighters as effective boots on the ground on the Syrian side of the campaign against the Islamic State.

The fruits of the U.S. alliance with Syria's Kurdish paramil-

itary fighters — the People's Protection Units, or YPG, and their female counterparts, YPJ — became clear over Christmas, with the Kurds leading a four-day sweep south from Kobani, snipping some 640 square kilometres from the caliphate's

map and seizing back from ISIL a key piece of infrastructure, the Tishrin Dam.

Independent Toronto filmmaker Nadim Fetaih has been on the ground with a crew of two other Canadians, capturing the changes unfolding as the fragile

HUMAN RIGHTS

## Man a sexual refugee

At first, Rasheed thought the Syrian police were hounding him for his political views.

But Rasheed, 32, who requested not to have his full name used, believes the real motive came to the fore the day he and a few fellow gay men were carted off to a local jail. The police blindfolded him, beat him and made revealing comments after seizing his cellphone containing content that made his sexual preferences plain.

Such attitudes — the norm in his homeland, he says — were what allowed Rasheed to claim refugee status in Canada and begin a new life.

"I find it very respectful," he said of Canada. "Whenever I say I'm gay or whenever I go to gay places, in the society itself, they respect you for being gay."

The United Nations High Commissioner for Refugees has named single men identifying as gay, bisexual or transgender as among those who are most vulnerable in Syria.

THE CANADIAN PRESS



The Canadian team behind the film titled This is Kobane. COURTESY NADIM FETAH

Rojava revolution takes hold. "We've been able to get access inside the military complex in Kobani and spend time with the wounded fighters — a fairly even 50-50 split of men and women and they're all badasses. But the YPJ women, because they are going to the front and laying their lives on the line, are able to come back to town and essentially create their own world. They are respected.

Fetaih's documentary, This Is Kobane, he readily admits, will involve "a bias for and by the people — I'm hoping with my films I can actually empower people," he said. THE CANADIAN PRESS


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A policeman stands guard in front of the Splendid hotel, on Sunday in Ouagadougou, after a jihadist attack by gunmen linked to al-Qaida on Jan. 15. **The attack left 28 people dead, with 56 wounded.** ISSOUF SANOGO/AFP/GETTY IMAGES

# Canadian aid workers dead

## BURKINA FASO

### Family of four among killed, wounded in nation's capital

Six Canadian humanitarian workers from Quebec were among those killed in an attack by Islamic extremists in Burkina Faso's capital, Ouagadougou.

Twenty-eight people of 18 nationalities were killed and 56 others wounded after a 15-hour siege that ended Saturday night at a hotel popular with international business travellers.

The Canadians were: Yves Carrier; his daughter Maude;

his wife, Gladys Chamberland; their son Charl  lie, and their friends Louis Chabot and Suzanne Bernier, all residents of Quebec, according to reports from La Presse.

Canadian Prime Minister Justin Trudeau led a moment of silence for the victims on Sunday at a restored mosque in Peterborough, Ont., which was firebombed in the aftermath of deadly attacks in Paris last November.

Carrier and his family members and friends worked with a Catholic organization and the Centre Amit   de Solidarit   Internationale de la R  gion des Appalaches.

Louis Chabot, a friend of the Carriers, was also killed in the

attack in Ouagadougou.

They had been celebrating the three weeks of work they had done repainting blackboards for a school in a remote Burkina village.

The humanitarian workers headed to Africa just before Christmas after months of preparation, organization and fundraising activities in Quebec.

With four attackers killed and al-Qaida in the Islamic Maghreb claiming responsibility for the massacre, Burkina Faso's newly elected president acknowledged his small country has now been drawn into the line of Islamist extremist fire that has recently targeted Paris, neighbouring Mali and Indonesia.

TORSTAR NEWS SERVICE



Gladys Chamberland



Yves Carrier



Maude Carrier



Charl  lie Carrier



Louis Chabot



Suzanne Bernier

PHOTOS: FACEBOOK.COM VIA TORSTAR NEWS SERVICE

## Survivors recall the attacks

As al-Qaida fighters attacked the cafe where he worked, Clement Djiguende was saved by chance: A jihadist who had been firing at patrons simply ran out of bullets.

The gun stuck for a moment. Then the militant, dressed in black and a turban, tried several times to reload. That's when Djiguende and another server bolted toward the bathrooms not far from the bar where only moments earlier they had been serving cold drinks on just another Friday night.

About 20 other people were already crowding into the toilets in a bid to save their lives as the sound of gunfire resumed at the Cappuccino Cafe. Others tried to climb through the restaurant's broken windows. Some managed to get to the roof where they waited for the carnage to stop.

Witnesses said four attackers stormed the cafe around 7:30 p.m. Not only did they shoot at patrons, they also set the cafe ablaze. Soon it began filling with smoke, forcing Djiguende and the others in the restrooms to wet pieces of their clothing and escape by crouching on the ground.

"Upon reaching the terrace, my hand touched a body ... I kept it together," he said. "I crossed another and then a third body, where I laid and pretended for a while that I, too, was dead."

He kept crawling for another six metres before springing to his feet and running into another nearby restaurant.

By then, the jihadists had entered the neighbouring Splendid Hotel. Andre Bationo, a waiter at the hotel, said he was cleaning in the dining room when a girl selling handicrafts to guests burst in to say that jihadists were killing people outside.

"Burkina Faso," he said, "will never be the same again."

THE ASSOCIATED PRESS

## POLITICS

# Taiwan elects its first female president



**Tsai Ing-wen, centre, the chairwoman of the opposition Democratic Progressive Party, won the presidential election.** ULET IFANSASTI/GETTY IMAGES

Taiwan's presidential election victor Tsai Ying-wen will enjoy a broad mandate from her commanding victory and her independence-leaning party's new legislative majority, but managing the island's delicate relations with China will be tricky.

Already, Beijing warned following her Saturday night victory that it will not budge on its bottom line that Taiwan's leader must agree that the communist mainland and self-governing island democracy are part of a single Chinese nation. The sides could be in for a lengthy wait as

China assesses whether it feels it can trust Tsai.

"To handle cross-Taiwan Strait relations after Tsai's election will be difficult, not just for Taiwan but also for mainland China," said Huang Jing, a China expert at Singapore National University's Lee Kuan Yew School of Public Policy.

Tsai, who will be Taiwan's first female president, won by 56 per cent of the vote to 31 per cent for her closest rival Eric Chu of the China-friendly Nationalist Party, which has held the presidency for the last eight

years. Her Democratic Progressive Party won 68 of 113 parliamentary seats, giving it its first majority in the assembly long-dominated by the Nationalists.

The reasons for the massive win were many.

The size of the win could also put additional pressure on Tsai and the DPP, said Larry Diamond, a senior fellow at the Hoover Institution who closely follows Taiwanese politics.

"When you do as well, as decisively as the DPP has done, there are no excuses" for failure, Diamond said. THE ASSOCIATED PRESS

## IN BRIEF

### Five drug trial participants in French hospital, 1 dead

A man died in a French hospital Sunday after taking part in an experimental drug trial for a painkiller, and five other participants remain hospitalized after one of France's most troubling medical incidents. The Portuguese pharmaceutical company testing the drug, Bial, said in a statement that it's working with health authorities to determine what caused "this tragic and unfortunate situation."

THE ASSOCIATED PRESS





Iran released four American detainees on the weekend, including **1 Amir Hekmati**, a former U.S. Marine, **2 Saeed Abedini**, a pastor, and **3 Jason Rezaian**, a Washington Post correspondent. Also freed was **Nosratollah Khosravi-Roodsari**, who stayed in Iran.

# U.S. and Iran swap prisoners, pardons

## INTERNATIONAL RELATIONS

### Some critics feel Americans used as pawns by Iranians

Diplomatic triumph or travesty, America's relationship with one of its most intractable foes took two giant leaps forward this weekend when Iran released four Americans in a prisoner swap after locking in last summer's nuclear deal and receiving some \$100 billion in sanctions relief.

The announcements culminated a stunning few days for the Obama administration and particularly Secretary of State John Kerry, who led the diplomatic outreach to Tehran.

Speaking from the White House, Obama on Sunday hailed the "historic progress through diplomacy," long the centerpiece of his foreign

policy vision, instead of another war in the Middle East.

Three of the American detainees — Washington Post reporter Jason Rezaian, former U.S. Marine Amir Hekmati and pastor Saeed Abedini — arrived in Germany en route to a U.S. military hospital. They will return home after medical evaluations.

The fourth, Nosratollah Khosravi-Roodsari, opted to remain in Iran, officials said.

A fifth American, student Matthew Trevithick, who had been detained in Iran for roughly 40 days, was released separately.

Iran released the prisoners in exchange for pardons or charges dropped against seven Iranians — six of whom hold dual U.S. citizenship — serving time for or accused of sanctions violations in the United States.

The timing of the deal, finalized hours after Saturday night's UN confirmation that Iran made good on pledges to

## + ECONOMICS

### \$100B in assets unlocked

The International Atomic Energy Agency's declaration unlocked some \$100 billion in frozen Iranian assets overseas, and potentially even greater economic benefits through suspended oil, trade and financial sanctions by the U.S. and European Union.

THE ASSOCIATED PRESS

significantly back away from atomic bomb-making capacity, suggested that the Americans possibly were used as pawns by the Iranian government to win long-sought economic relief, as critics allege.

Critics of Obama's Iran policy at home and abroad pounced on the details of the prisoner exchange and the new economic opportunities being afforded Tehran.

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## LAS VEGAS

## Wearables that stood out at CES

While wrist-worn devices like the Fitbit remain the most popular type of wearable, companies are continuing to develop smart items for other parts of the body.

### 1 THE SMART BRA

**Available:** Spring 2016  
**Cost:** \$149 US for starting kit and \$59 US for an additional bra  
Montreal-based OMSignal's first crack at the women's clothing market tracks heart rate, distance and calories as well as more detailed data such as breathing rhythm.



Some analysts predict 2016 will be the year wearables reach beyond nerds and athletes.

Here are four wearables that stood out at CES:

Many wearable gadgets measure general fitness, but the Vert2 monitor hones in on the user's jump. The size of a USB stick, it clips on to the waist and tracks height and jump count as well as intensity, total Gs and other measurements, all in real-time.



### 2 THE SMART SKI AIRBAG VEST

**Available:** Only to professional skiers for now, in stores as of July 2016.

**Cost:** Around 1,200 euros

When its sensors detect a loss of balance, the ski airbag vest can inflate in 100 milliseconds, protecting the neck, chest, spine, abdomen and hips, the French company In&motion says.



### 4 MORE STYLISH FITBIT

**Available:** Now at major Canadian retailers, including Best Buy, Indigo and London Drugs

**Cost:** \$249.95

Fitbit's first colour smartwatch, the Blaze, tracks heart rate, sleep and more. The smart watch automatically recognizes the activity you're doing, whether it's hiking, basketball



or even Zumba. Other features include on-screen workouts and calendar notifications.

TORSTAR NEWS SERVICE

## IN BRIEF

### Sweet'N Low to end Brooklyn production

Family-owned Sweet'N Low is stopping production in Brooklyn after almost 60 years and shifting entirely to other parts of the country. That would leave only the company's headquarters in the borough.

THE ASSOCIATED PRESS

### Netflix to offer more family shows this year

Netflix says it will make a special effort to produce programming for children and families, offering 20 new programs in the category this year led by the Feb. 26 premiere of the Fuller House remake.

THE ASSOCIATED PRESS

# Costly cauliflower too rich for menus

## FOOD

## Cucumber, tomatoes and celery prices likely to rise

The soaring price of cauliflower is forcing restaurants with signature dishes featuring the cabbage relative to rethink their menus and hike prices.

Over the past few years, the vegetable once considered boring has been springing up on menus in innovative ways.

However, the sliding loonie and a drought in California have helped drive prices for the snowy white vegetable toward double digits a head, causing a cauliflower crisis. At least one restaurant chain famous for its take on cauliflower is passing on some of the extra costs to its customers.

In Vancouver, diners frequent Nuba restaurants just to taste Najib's Special, said founder Victor Bouzide. The dish, named after his father, is a crispy cauliflower concoction based on his grandmother's recipe. Since the new year, Bouzide's raised the price by about a dollar. A plate now costs \$13, while the appetizer runs customers \$9.75.

The restaurant now pays more than double what it used to for a case of the cruciferous vegetable, up to \$60 a case. That means Nuba needs 100 cases a week to feed its cauliflower-loving customers.

Still, Bouzide can't fathom discontinuing the dish, like some others have opted to do.

Toronto's Fat Pasha drew accolades for its whole roasted cauliflower head when it



The falling loonie and a drought in California have helped drive prices for cauliflower toward double digits a head, forcing restaurants to raise prices or discontinue dishes. ISTOCK

# \$60

The price per case of cauliflower that Nuba restaurants of Vancouver pays, more than double the earlier rates.

opened in 2014. About a month ago, the offering disappeared from the menu.

"As much as people love it,

if we're losing money on it or we're charging too much, no one's going to feel good about it," chef Kevin Gilmour said.

The dish cost \$18, he said, but with the cost of the main ingredient, the restaurant would have to charge up to \$40 for it now.

That just wasn't viable, said Gilmour, who replaced it with a local, more price-consistent option: acorn squash.

Squash may be the next go-to ingredient for chefs looking

for a new heir to cauliflower's popularity since many other vegetables, not just cauliflower, are steadily increasing in price.

Celery, cucumber, tomatoes are all slowly taking themselves out of the running.

Edgar Gutierrez, the chef at Rostizado in Edmonton, has been experimenting with fennel with some success. He thinks fennel could be versatile enough to resonate with diners this year.

THE CANADIAN PRESS

## PET COSMETIC SURGERY

## Vets speak out against docking tails, cropping ears

More veterinarians in Canada are speaking out against pet cosmetic surgery such as removing the tails of puppies and cutting dog ears into points, but the pace of change is slow.

Ear-cropping and tail-docking are already prohibited in seven provinces either by law or regulatory bylaws.

The decision on whether to operate is left up to individual animal doctors in Alberta, Ontario and Quebec, even though veterinary groups oppose such procedures in principle.

Dr. Nicole Gallant, president

of the Canadian Veterinary Medical Association, said vets are under pressure to perform cosmetic surgery.

Ending the practice will depend on reducing demand for dogs with unnaturally bobbed tails and pointy ears, she said. That involves breed clubs amending their standards so dogs can be shown in their natural state without penalty.

People often refer to show dogs for how their pet is supposed to look.

"We have been just so programmed to see the altered dog

## BREEDS AT RISK

- Ear-cropping is common among Great Danes, Dobermans, boxers and schnauzers.
- Dogs that have their tails docked include spaniels, some pointers, terriers and some working and herding breeds.

as the normal. People have to expect unaltered dogs," Gallant said.

The College of Veterinarians of British Columbia recently voted to ban cosmetic ear-cropping. Other provinces that prohibit the practice include Manitoba and Saskatchewan.

Ear-cropping and tail-docking have been banned in Prince Edward Island, New Brunswick, Nova Scotia and Newfoundland and Labrador.

The Alberta Veterinary Medical Association has said cosmetic surgeries for pets continue to be popular with some owners despite the pain they cause. Dr. Darrell Dalton, the

association's registrar, said the organization officially opposes such procedures, but the decision is up to veterinarians.

The Canadian Kennel Club opposes any ban on cosmetic surgery, but encourages dog breed clubs to not include ear-cropping and tail-docking in their breed standards, said spokesman Andrew Patton.

Clubs for the Hungarian vizsla, Yorkshire terrier, Norfolk terrier and the American cocker spaniel have agreed to make tail-docking optional.

THE CANADIAN PRESS



A boxer with natural ears that haven't been cut into points.

CANADIAN VETERINARY MEDICAL ASSOCIATION/THE CANADIAN PRESS

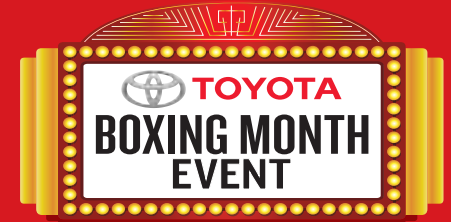


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## ROSEMARY WESTWOOD

metroview

### CBC morning shows should be fuel, not fluff

A morning routine is not to be messed with.

It should contain fuel (especially coffee), clean-ish clothing, some kind of slap in the face (exercise, or coffee) and the news.

And when I say news, I mean the latest out of Ottawa (the Saudi Arabia arms deal, say), the state of Alberta's economy, what's new at the Supreme Court, let alone politics, health and science stories from outside our border.

I do not mean an update on the zoo's panda bear cubs or the latest high school wunderkind to design socks. And I certainly don't need to hear, on the local CBC morning show, how the host and weather announcer feel about Adele's new viral video (spoiler: They love it!).

In the age of Twitter (arguably the best way to get news, anyway), in a world so tightly bound that our food prices are skyrocketing as global oil prices fall, the CBC is failing us.

Folksy, meandering, fascinated with the minutiae of a city — its morning shows are often the audio equivalent of reading the community-event listings. And while there can be gold there, it's never front-page news. The shows lack gravitas. They lack scope. Their programming better belongs in a leisurely afternoon slot. And funnily enough, afternoon programs on the

CBC sound remarkably like those in the morning.

I don't blame the producers (I used to be one) or the hosts (though some seem far too keen to waste my time with coffee-shop chatter about their bike commute to work) — I blame the network.

The CBC's morning shows are run on a strict formula that focuses on celebrity hosts and hyper-local news at the expense of everything else. Each hour, there's usually only about ten minutes of national and international news at the top of the clock. That's less time than they spend playing (often horrible) music. It's appalling.

In fact, the CBC should reverse the ratios. It could keep the best of its local news and politics coverage, trim the fat of host-banter, cut the music, and end up with plenty of time to properly inform me about the broader world. It could mean greater centralization of morning news production, or even just a much wider distribution of the best content produced in local stations and foreign bureaus (such as they are).

To quote U.S. media journalist and National Public Radio host extraordinaire, Brooke Gladstone, a morning program should feed our need for information, without patronizing or boring us.

Too bad the CBC can't even get the first part right.

## THE BIG NUMBER

# 40%

**That's the decline, adjusted for inflation, of parliamentary funding to the CBC between 1990-91 and 2014-15.**

Using data from the Treasury Board of Canada, the advocacy group Friends of Canadian Broadcasting calculated that in 2014 dollars, the federal government's grant to the CBC declined from around \$1.73 billion (in 1990-1991) to approximately \$1.04 billion (in 2014-2015). Most of the cuts took place in the 1990s, while Jean Chrétien was prime minister, with more slashes during the Harper years. Those hit just as digital advertising and the mobile revolution were transforming broadcasting's business model faster than you can change the channel or switch the station. In 2014, the CBC president said the staff would shrink by another one-quarter by 2020. Whether we actually see that particular TV and radio drama play out is still up in the air: Before he was elected, Prime Minister Justin Trudeau promised a \$150-million boost to CBC's yearly funding. How that plot unfolds — and how much money the broadcaster manages to make from its advertisers and audience — could determine whether Canadians hear more business news or more banter on the airwaves in the coming years. SOURCE: MARKETING MAGAZINE

# Edmonton is kicking our keisters at winter

## YOUR RIDE

Colin Fast



After being locked in an icy-cold death grip for the past week, it seems like a good time to take stock of what our city needs to survive its occasionally harsh winter conditions.

Government subsidized snow pants? A giant bubble over the city? More global warming?

All solid ideas, but perhaps a better option would be a little more toughness and a few

more reasons to get outside.

And if we're looking for a model to follow in that pursuit, then Edmonton is a good place to start.

Wait, Deadmonton? Yes, the Alberta capital with a reputation for being Calgary's boring older brother and a habit of collecting No. 1 draft picks has rapidly carved out a reputation as one of the most lively winter cities in the world.

It started a few years ago when a group of civic leaders decided hiding indoors for a quarter of the year — even when you can do it in a swimsuit in West Edmonton Mall — didn't make a lot of sense.

So they formed a think-tank and created a comprehensive strategy that covered everything from winter design guidelines for new buildings, to improving mobility for year-round cyclists, to becoming a leader in winter-related industry.

But above all else, the strat-

egy reconnected Edmontonians with the childhood joys of winter. A massive community-organized snowball fight drew hundreds of participants. City staff gave away free hot chocolate at a series of "sip and slide" afternoons at toboggan hills. And a winter landscaping competition saw snow creations popping up on front yards throughout the city.

Another contest featured the naming of a signature winter drink that was served at festivals and on some of the 50 winter patios that opened up at bars and restaurants.

The latest attraction is the Freezeway, a 400-metre frozen skating path through a forest. Originally the subject of an architecture student's thesis, the Freezeway went from idea to reality in less than a year, and plans are already in place to expand it to 3.5 kilometres over the next few years.

There's not a snowball's chance in hell that something

like that could happen so quickly in Winnipeg.

But to be fair, our fair frozen city has some great building blocks for its own winter strategy: Festival du Voyageur, the river trail and the RAW: almond pop-up restaurant to name a few. The Great Ice Show kicks off next weekend at The Forks, and looks like it could be spectacular.

But what the city lacks is a co-ordinated effort to create more winter activities and to sell itself as a premier winter destination. Maybe that's something for our civic leaders to think about as we all settle in for another week of winter at its finest/worst.

After all, aren't we supposed to be Winterpeg?

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter.

**Our fair frozen city has some great building blocks for its own winter strategy.**



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# RSP: Just for retirement?

## NEST EGG

### Programs help you borrow for new home, education

Michelle Williams

"Your retirement might be decades away, but that doesn't mean you can't benefit from your retirement savings right now," says Alan Cameron, investment advisor for Investment Planning Counsel.

Whether your dream is to buy your first home or to upgrade your education, a retirement savings plan (RSP) is an investment tool that can help you reach your goals well before you turn 65. Two government programs make it possible to borrow against your RSP:

The Home Buyers' Program (HBP) lets qualified first-time home buyers borrow up to \$25,000 from their RSP to buy or build a home. "It's a far more powerful way of saving for the down payment," explains Cameron.

"To save \$25,000 cash, you have to earn \$40,000 or more before-tax dollars. If you use your RSP, the \$25,000 isn't going to be taxed." For couples buying their first home, both members can use \$25,000 from each RSP, for a total of



You can borrow against your RSP to help with the purchase of your first home. ISTOCK

\$50,000 tax-free.

You have two years before you have to start paying the money back, and 15 years to repay the total loan — essentially repaying yourself by contributing one-fifteenth of the amount to your RSP each year. If you miss a payment, you'll owe the taxes for that

amount.

The HBP is a great way to raise a down payment, making it possible to buy a home for those who might otherwise have to wait several years to save the funds.

"For some buyers, it could also be the difference between having a high-risk mortgage

with big insurance costs versus a low-risk mortgage," adds Cameron. While borrowing from an RSP means losing out on some of the investment's growth, the increasing value of your home could more than make up the difference if real-estate values continue to rise.

Another government pro-

gram lets you borrow from your RSP to explore a new career: The Lifelong Learning Plan (LLP) lets you use up to \$10,000 per year to a maximum of \$20,000 over four years. It can be used toward your or your spouse's education, though not your children's schooling.

## + NEXT STEP

Borrowers need to meet a list of criteria before qualifying for either of these programs. Check online or talk to your financial planner or institution to find out more.

"This plan requires repayment within 10 years after you've completed your education," says Cameron. "Payments must begin the second year after you're finished school, and you're required to make at least one-tenth of payments per year."

Like the HBP, if you miss payments, you'll be taxed for any amount you don't return to your RSP.

And what if you repay the money and decide to retrain again, or your spouse wishes to take advantage of the program after your training is complete and the money has been returned to your RSP?

"You can take advantage of the program on multiple occasions through your lifetime, provided the money has been repaid to your RSP before you apply a second time," explains Cameron.

However, you're losing out on the growth of your RSP while the funds are being used for retraining, an important consideration before pulling your money out of the investment.

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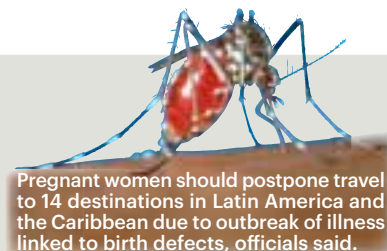
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Pregnant women should postpone travel to 14 destinations in Latin America and the Caribbean due to outbreak of illness linked to birth defects, officials said.



Over the next three months, **Metro's finance guru Lesley-Anne Scorgie** will help a recent grad drowning in debt and a charitable young professional to balance their budget, pay down loans and save for their future

## Metro's money makeover



**LESLEY-ANNE SCORGIE**  
metromoney

**THE CHALLENGE:** Our participants have set their goals, rolled up their sleeves, and committed to tackling their largest financial obstacles. For the next 12 weeks, I'll be helping Annick and Yolanda to improve their financial fitness and pushing them to reach new money milestones — just like a personal trainer. The end-goal is simple: to help these young women kick some financial ass and to see whose net worth improves the most.

**THE VERDICT:** In my experience there's only one thing that can derail Yolanda and Annick's progress: repeating financial mistakes. They'll succeed if they learn to master their finances, which happens to be more of a mind, rather than a money, matter.

**NEXT WEEK:** When it comes to her TFSA, Yolanda is making a big mistake.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



NET WORTH:  
**- \$62,500**

### Annick, 24, Calgary

In 2010, Annick arrived in Calgary from Democratic Republic of Congo with dreams of a powerful Canadian education in energy management from University of Calgary. Year-over-year her student debts compounded to a suffocating \$58,000.

After graduating in 2015, Annick walked into Alberta's economic lion's den — slumped energy prices and few jobs. She eventually found an administrative position at a property management company making \$18/hour. But, between student loan and credit card payments plus IOUs to friends and family, she couldn't keep up. So, Annick found a second job at a car dealership in December. The pressure to send money home to her family is high, but at the end of every bi-weekly pay cycle, she literally doesn't have two nickels to rub together — zilch! Annick's has what I call "side hustle" — finding creative ways to make more money.

**HER GOAL:** Her challenge will be applying that skill to annihilating her debts so her long-term dreams of home ownership, bringing her parents to Canada and doing her MBA can become reality.

JENNIFER FRIESEN/FOR METRO CANADA

### Yolanda, 27, Mississauga, Ont.

Yolanda tweeted at me late in 2015 to tell me how she spends not a penny more than \$200 on groceries each month. Obviously I thought this was a joke considering my recent \$4 tomato purchase at a store in Toronto; the most expensive place in Canada for produce (it's no joke. I was desperate).

Yolanda manages her spending carefully. She works at a charity that supports children in developing countries, and makes a fraction of market salary as a communications web specialist. But, she's willing to trade off more money (and better groceries) to pursue her passions. Just a year ago, Yolanda and her adorable pooch moved out of her mom's place and into her first basement apartment costing \$750 per month.

**HER GOAL:** Making \$20/hour, forking out money for rent and sponsoring multiple children simply won't cut it if she's going to buy a condo in the next three years and travel overseas before becoming burdened with a mortgage.



NET WORTH:  
**\$2,000**

LIZ BEDDALL/METRO



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# To get rich, ignore that spending itch

## GROW YOUR MONEY

### Make do with less and stash difference to build wealth

Gail Vaz-Oxlade  
For Metro Canada



I'm going to talk about something I get letters on all the time: Wealth. People want to know how to save (where to find the money) and how much to save to be wealthy.

Wealth is the difference between what you earn and what you spend. Spend it all, and you'll end up with a big, fat zero. Spend less than you make and you'll build your wealth. It doesn't have to be a huge amount. But it does have to be a conscious decision because wealth doesn't just happen. You have to make it happen.

So, how much is enough? And how to make do on less so you have the money to save?

When it comes to retirement savings, if you're in your twenties as little as 6 per cent of your income will likely do. Wait until

you're in your thirties and the number jumps to 10 per cent. And in your forties it's 18 per cent.

Making do on less comes in all sizes and formats. Some people go with a Make-Do week, during which they stretch everything a little farther so they spend less.

Spending holidays are another way to find the money that turns into wealth. No-spend days make you conscious of your spending habits. Start by spending nothing on Mondays, then add Tuesdays. Over time, you'll learn what pulls your trigger to spend.

There are a whole bunch of tools that can help you build your wealth: RRSPs, Tax-Free Savings Accounts and Registered Educational Savings Plans for your kids. Think of each of these as separate umbrellas.

If you want to defer taxes and build a pool of money for when you retire (particularly if you don't have a company pension plan) use an RRSP.

If you want to grow your money tax-free with the flexibility to use that money and then replace it later, use a TFSA. Ditto if you want to make sure you get to keep all your government benefits when you retire.

If you want to earn free grant

money from the government and have some funds available for schooling later use an RESP.

RRSPs, TFSA and RESP do not generate a return on their own, so they are not investments. If you put your money into any of these plans, you must then choose an investment to make your money grow. You might choose a savings account. You might choose a GIC, a mutual fund, an indexed investment, bond or stock.

Perhaps the biggest barrier to building wealth is getting started. If you belong to a company pension plan, you are already saving some money, which counts towards your overall goal. If you aren't taking full advantage of your pension plan, you're turning your back on free money so go sign up today. If you don't belong to a pension plan at work, you'll have to make your own using an RRSP, a TFSA or a combination of the two. Time to open up a plan and make those contributions — those steps to getting wealthy — monthly and automatically. There. Now you're building wealth.

For more money advice, visit Gail's website at [gailvazoxlade.com](http://gailvazoxlade.com)

## IN YOUR TWENTIES?



## YOU SHOULD SAVE...

= 6%  
of your income

## IN YOUR THIRTIES?



## YOU SHOULD SAVE...

= 10%  
of your income

## IN YOUR FORTIES?



## YOU SHOULD SAVE...

= 18%  
of your income



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# Pinning hopes on new ways to a new you

Welcome to New Year's resolution junction. It's a busy place around this time of year, when those promises we make to ourselves are either furiously alive or dead on arrival. Here's what Pinterest stats reveal about diet, recipe and workout ideas. **THE ASSOCIATED PRESS**

## BY THE NUMBERS

↓ **70%**

### The big crash in crash diets

For the first time, the site is seeing pinners ditch crash diets. Overall, pins related to crash diets were down 70 per cent in 2015 over the year before.

↓ **40%**

### Low-carb recipes dropped like hot potatoes

Pins of low-carb recipes have decreased by 40 per cent since last January.

↓ **32%**

### Pinning less faith on Paleo

Paleo diet pins were down 32 per cent, according to data supplied by Pinterest.



## A MORE BALANCED APPROACH

In a little corner of the world we like to call Pinterest, resolution-makers have lit up with ways to declutter, eat healthier and de-stress.

"Over the last five years, we've seen the growth of more than 100 million special diet pins on Pinterest," offers Christine Schirmer, a spokeswoman for the site. "But in 2016, we see top health and fitness pins focus on a more balanced approach to well-being, including meditation, bullet journaling and minimalism."



↑ **83%**

### Hourglass workouts

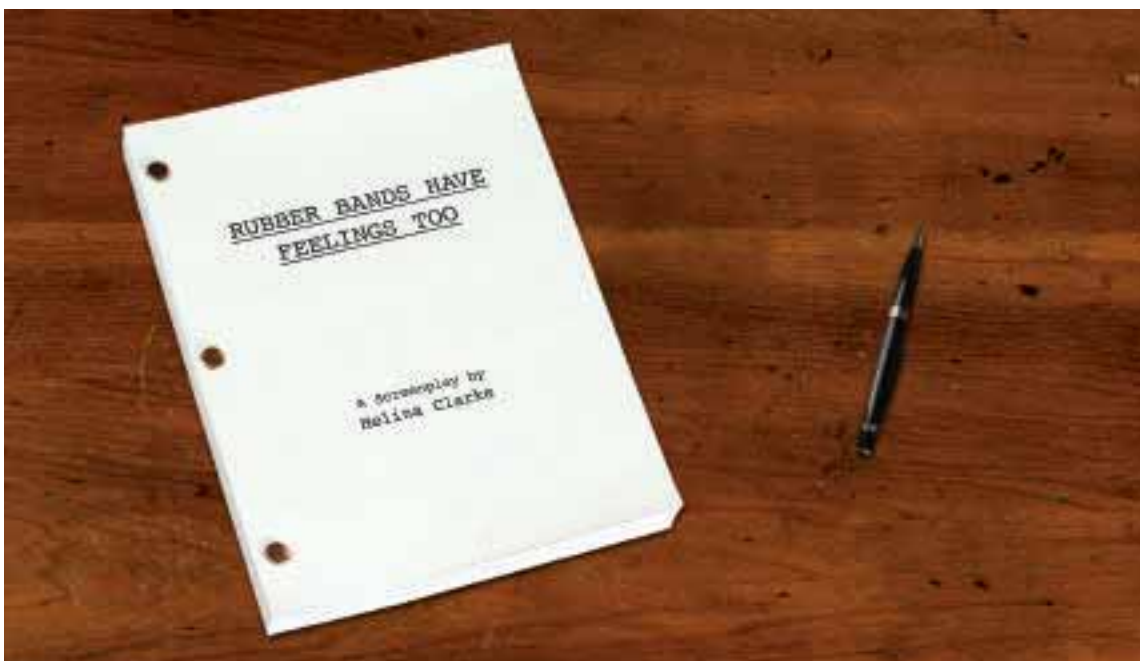
Since Christmas, pins for "hourglass workout," a full-body approach hell bent on lean, sexy curves, increased 83 per cent.



↑ **67%**

### Bullet journals

In the period between Christmas Eve and Jan. 2, pins for "bullet journals," which is a minimalist organizational notebooking system, increased 67 per cent, while "minimalist lifestyle" pinning in general went on the rise 19 per cent and those on the subject of decluttering rose 35 per cent.



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Actress Jennifer Lopez on the set of *Shades of Blue* in New York City. ZELIG SHAUL/ACE PICTURES

# JLo shines in new police drama *Shades of Blue*

## INTERVIEW

### American Idol judge was daunted by dark series

Given her larger-than-life pop star persona, it's sometimes hard to remember that Jennifer Lopez also has acting chops.

There have been more than a few speed bumps along the way in her cannon (*Gigli*, *The Boy Next Door*) but the dark cop drama *Shades of Blue* is a reminder that the singer can still be a commanding screen presence, starring in perhaps her finest outing since she played a U.S. Marshall in Stephen Soderberg's *Out of Sight*.

In *Shades of Blue* Lopez plays a financially strapped single mother who is part of a group of corrupt New York City detectives. The show opens with a startling confession from her character, Harlee Santos. It then spirals into a nightmare world of wire-

taps and deception. Lopez so thoroughly imbues her working class, down and out character, alternating between absolute command and stark vulnerability you forget that you just saw her on *American Idol* the day before.

"Right now in television it's like the best movies are on television," said Lopez at the Television Critics Association convention, explaining why she decided to produce and star in a gruelling TV series in addition to her packed schedule that includes a Las Vegas show and her stint on *Idol*.

"The characters are better. There is more of an opportunity to kind of really explore something. It was just a really exciting opportunity to do something that I hadn't done in a while in a different way than I had done in a long time."

The first few episodes of *Shades of Blue* (Thursdays on Global) are helmed by Academy Award winning director Barry Levinson (*Rain Man*, *Diner*, *The Natural*) so the series has a heightened cinematic feel.



### Doing an hour drama is probably one of the hardest gigs in show business

Jennifer Lopez on her role

But it's not perfect. The plot is at times formulaic, and some of the misuses introduced into the show to move the storyline are heavy handed and amateurish. But Lopez plays off well against an aging, but still magnetic Ray Liotta (*Goodfellas*) as a corrupt police lieutenant who is trying to uproot the rat in his den of thieves.

Levinson, who is also a producer on the show, says he decided to work on the television series because of the "burst of creativity" in the medium.

"More and more talent from theatrical has now made the crossover. Television is now the

place, and if you want to really do character work, that's not really existing theatrically anymore."

Broadcast networks have not had an easy time doing serialized drama, and *Shades of Blue* has darker themes that might have found a more comfortable home in cable, instead of a conventional broadcaster that has to appeal to a wider audience. But NBC decided they couldn't pass up the star-driven vehicle.

Lopez herself said she was a little daunted by the challenge of doing two gruelling TV shows at a time, where she had to film *Shades* during the week, and *Idol* on the weekends. She is also busy rehearsing for a three-year stint at Planet Hollywood in Las Vegas, premiering next week where she is contracted for 40 shows annually.

"It's nerve racking. Just doing the show itself was very challenging."

"Doing an hour drama is probably one of the hardest gigs in show business, and it's very demanding."

TORSTAR NEWS SERVICE

## JOHANNA SCHNELLER WHAT I'M WATCHING

# Billions gives viewers their money's worth

**THE SHOW:** *Billions*, Season One, Episode Three (Showtime, Crave)  
**THE MOMENT:** The Snack Cakes

Sexy blue-collar billionaire Bobby "Axe" Axelrod (Damien Lewis) wants to take over a snack-cake company — as a scrappy kid, he saved up for the treats, but their quality has tanked. Snooty board members resist him, led by the owner's son. "Do you have any idea of the cost of returning to the original recipe?" Sonny sniffs. "We'll trim bloated executive compensation," Axe replies, menacingly.

Sonny blanches. "I earned my jet!" he says. "And the Scrumptets taste fine!"

"You raped the Scrumptet," Axe counters.

"I eat Scrumptets, and Dingdoodles, and Coconutties and they are good," Sonny huffs.

"They're not as good," Axe glowers.

"But they're still very, very good!" Sonny's henchwoman chimes in nervously. "Delicious!"

At this moment, I realized with relief that *Billions* has a sense of humour. I'd feared it was just *Dynasty* with tattoos



Damian Lewis plays blue-collar billionaire Bobby "Axe" Axelrod in *Billions*. CONTRIBUTED

instead of shoulder pads. Paul Giamatti chews a lot of scenery as Chuck Rhoades, the U.S. Attorney who's determined to bring Axe down. Rhoades' wife Wendy (Maggie Siff) isn't exactly realistic — she's Axe's in-house motivational shrink, and oh yes, a dominatrix.

Once you settle in, though, there's much glossy fun to be had, because *Billions* hits the zeitgeist bullseye: the Super-Rich are our new Super Villains. Whether it's Robert Durst in *The*

Jinx, or the decadent Royals, or the posh private-schoolers on *American Crime*, or the nasty Finney family on *Ray Donovan*, or Mimi (Marisa Tomei) scheming to take over *Empire*, the One Per Cent are the bad guys du jour.

*Billions* gives us our money's worth.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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# ‘Big Mo’ elevates Panthers

**NFL PLAYOFFS**  
**Newton and Co. hold off Seahawks after big first half**

Four games into his playoff career, Cam Newton recognizes the key element to success. He calls it “Big Mo,” and there couldn’t have been a better example than Carolina’s 31-24 victory over Seattle on Sunday.

Emphatically backing up their superb regular season with one of the most dominating halves in football history, the Panthers then hung on in the face of a furious Seahawks rally before surviving.

“The playoffs bring out more than any other time the impact of ‘Big Mo,’” Newton said after Carolina (16-1) moved into NFC title game, which they will host next Sunday against Arizona (13-3). “Momentum. “We can’t wait for no one to make plays for us.”

The Panthers, winners of 12 straight at home, made all the right plays in building a 31-0 lead, then were dominated by the two-time defending NFC champs in the second half. So if Carolina wins its first NFL championship, it can credit the lesson learned from the Seahawks (11-7).

“We have to find a way to complete a full game of football,” Newton said. “We have been known to take our foot off the throttle and we have to find that killer instinct.”

The All-Pro quarterback noted how players, coaches and even



Panthers running back Jonathan Stewart reaches across the goal-line to score a touchdown against the Seahawks on Sunday. STREETER LECKA/GETTY IMAGES

the fans were feeling the pressure in the final 30 minutes as Seattle staged a relentless comeback.

“It was a tale of execution. We needed a little more of that in the second half. You just have to find ways to get your groove back on.”

Definitely.

“That’s what this game is going to teach us,” said All-Pro linebacker Luke Kuechly, who returned a first-quarter inter-

SUNDAY In Charlotte

31

24




ception for a touchdown. “No matter how good you play in the first half, the second half is

just as important.”

Jonathan Stewart, returning from a foot injury, scored two touchdowns after jumpstarting the Panthers with a 59-yard sprint on their first play. Newton threw for a touchdown.

Then, Seattle showed its pedigree and climbed back within seven points.

“We made a mess of it in the first half,” Seahawks coach Pete Carroll said. “We look at this game as a microcosm of the sea-

son. We struggled so much early in the season to get going, and it took us a long time. When we finally did, we caught fire, and got rolling. Everyone in here just feels like we ran out of time.”

Seattle got back into it as Russell Wilson threw for three touchdowns, two to Jermaine Kearse. An onside kick with 1:11 remaining, however, was recovered by Panthers linebacker Thomas Davis.

THE ASSOCIATED PRESS

**NFL PLAYOFFS**  
**Broncos set up matchup vs. Pats**

SUNDAY In Denver

23

16

BRONCOS

STEELERS

Peyton Manning rescued the butterfingers Broncos with a late touchdown drive and Denver advanced to the AFC championship game with a 23-16 win over Ben Roethlisberger and the Pittsburgh Steelers on Sunday.

The Broncos (13-4) will host Tom Brady and the New England Patriots (13-4) next weekend.

With Denver down 13-12 with less than 10 minutes left, cornerback Bradley Roby punched the ball from Fitzgerald Toussaint’s arms and teammate DeMarcus Ware recovered at the Denver 35-yard line.

Then, Manning went to work, driving Denver to its only touchdown.

C.J. Anderson ran it in from the 1, and Demaryius Thomas caught the two-point conversion for a 20-13 lead with three minutes remaining.

Ware’s sack ended Pittsburgh’s next drive and Brandon McManus kicked his fifth field goal, tying the NFL playoff record.

Chris Boswell made a 47-yarder with 19 seconds left, but Anderson recovered the onside kick.

THE ASSOCIATED PRESS

## NHL Canucks stay afloat thanks to Miller

Ryan Miller made 47 saves and Radim Vrbata scored in the shootout, leading the Vancouver Canucks to a 2-1 win over the New York Islanders on Sunday.

Ben Hutton scored for the Canucks in regulation.

Despite receiving a 25-save effort from Jaroslav Halak, the Islanders’ fell to 24-15-6 as their two-game winning streak came to an end.

Ryan Strome scored for New York.



Ryan Miller stopped 47 shots for the Canucks. GETTY IMAGES

### IN BRIEF

**Australian Open begins with match-fixing claims**  
An International Tennis Federation spokesman at the Australian Open says the Tennis Integrity Unit plans to issue a statement on Monday in reaction to reports over match-fixing in the sport.

The BBC and BuzzFeed News say secret files exposed evidence of widespread suspected match-fixing at the top level of world tennis. The report did not give players’ names.

THE ASSOCIATED PRESS

**Ledecky records PB in dominating 200-metre free**  
Katie Ledecky dominated an impressive field in the women’s 200-metre free-style at the Arena Pro Swim Series as the teenager and 2015 world champion ramps up for the summer Olympics in Brazil.

The 18-year-old Ledecky finished in personal-best 1 minute, 54.43 seconds Saturday night to beat Sweden’s Sarah Sjöström, who had the fastest time in the world last year.

THE ASSOCIATED PRESS

## PREMIER LEAGUE United sparks title talk with latest win

Manchester United relied on brilliant goalkeeping by David de Gea and a late, opportunistic finish by Wayne Rooney to snatch a 1-0 win at great rival Liverpool on Sunday, sparking talk of an unlikely run at the Premier League title.

With Arsenal only drawing 0-0 at Stoke a few hours later to return to first place on goal difference above Leicester, United trimmed the gap to the leaders to seven points.

A top-four league finish

“When the gap is like this, seven points, you can overcome that.”

Louis van Gaal, Man United manager

qualifies a team for the Champions League, and United trails fourth-place Tottenham by just two points.

THE ASSOCIATED PRESS



**RECIPE** Crunchy Tofu

PHOTO: MAMA YISNEY

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Embrace meatless Monday with these crunchy tofu "steaks." Enjoyed with some stir-fried veggies, you'll be feeling virtuous and satisfied.

**Ready in**  
Total time: 30 minutes  
**Serves 4**

**Ingredients**

- 1 block of firm tofu
- 1 egg
- 3/4 cups panko breadcrumbs
- Salt and pepper to taste
- 2 Tbsp vegetable oil

**Directions**

1. Unwrap your tofu and place it on its side (the long, thin side) on a cutting board. Slice it in half so that you have 2 (now thinner) rectangles. Cut each rectangle in half, leaving you with 4 squares. Now

cut each square in half diagonally and you'll have 8 triangles.

2. Whisk the egg in a shallow bowl. Pour the panko breadcrumbs out onto a plate. Add salt and pepper, toss to combine and then spread it out flat. Have a clean plate handy.

3. Dip each piece of tofu into the egg and coat completely. Then dredge the coated tofu in the breadcrumbs so it gets covered on every side. Place your coated tofu on the clean plate. Repeat until each piece of tofu is covered.

4. Heat up the vegetable oil in a skillet over medium high heat. Place half of your tofu pieces in the pan and let them get brown and crispy, about 2 or 3 minutes. Gently flip over and cook. Use a spatula to help turn them over onto sides to brown.

5. Serve with rice and mixed vegetables.

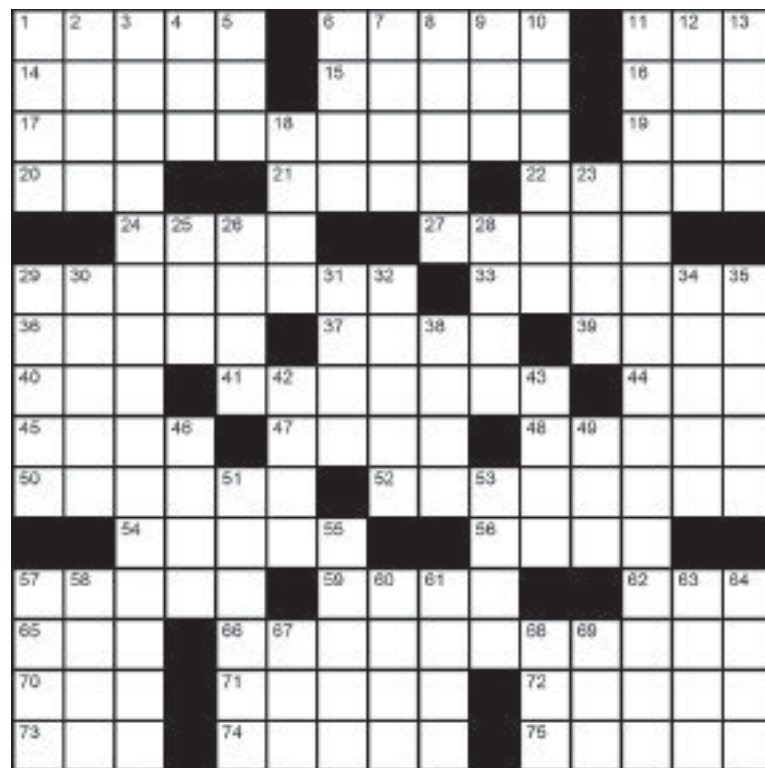
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**CROSSWORD** Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

1. Irks
6. Falcon-headed god of ancient Egypt
11. Pinafore's letters in opera circles
14. Abraham's offering to God
15. Spew
16. Deuce-ace, fancy-style
17. Canadian singer/songwriter starring in the 2006 documentary "Escarpment Blues": 2 wds.
19. In-a-row letters
20. Valley, in Wales
21. Concept
22. Stan's comedy partner, cute-style
24. Gael, for one
27. Sporty shirts
29. Reacts with emotion, perhaps at an awards presentation: 2 wds.
33. Mottle
36. Brawny blokes
37. Mini message
39. Deanna (Counselor on "Star Trek: The Next Generation")
40. Tree variety
41. Question/interview post-mission
44. Stop
45. Grad
47. Churn
48. Vassal
50. Small horses
52. Song by #17-Across that goes "You sang to the moon / In the great black night..."
54. Deduce
56. Poetic foot



57. Recurring theme
59. Bator, Mongolia
62. Volcano of Hawaii, Mauna
65. Yalie
66. 9 to 5 is when we're here for business, in other

- words
70. Whopper
71. Awaken
72. "Gold" (1997)
73. Lively parties
74. Checks
75. Alberta town est. 1911

**DOWN**

1. Assorted [abbr.]
2. "Her Standing There" by The Beatles
3. They are where food is grown across this great land: 2 wds.
4. American flight watchdog org.
5. Teacher's workplace, for short
6. Mr. Potato
7. Shrek, for one
8. Update a route
9. Function
10. Leisurely walk
11. Emmy-winning police drama of 1981 to 1987: 3 wds.

12. Ms. Kuzyk (Winnipeg-born actress in the role of Det. Patsy Mayo on #11-Down)
13. British Columbia's motto, 'Splendor Occasu' (Splendour without diminishment)
18. Lennon-McCartney successes
23. Ransack
25. Get by, but barely
26. a hand
28. Hautbois
29. Inexpensive
30. Celebrities/royalty magazine!
31. Shield's centre knob
32. Danger
34. Miami Sound Machine tune
35. Stowaway, say
38. Venus de (Ancient statue)
42. Highlands tongue
43. One-named rock bassist
46. Skirt style
49. Suffix with 'ideal'
51. Exertion
53. Sup
55. Singer/pianist Mr. Wainwright
57. Combine
58. Varied mixture
60. Itemize
61. Treads the boards
63. Sweet sandwich-y treat with milk
64. Formal gr.
67. Good, to Evil
68. Tint
69. Former

**★ IT'S ALL IN THE STARS** by Sally Brompton

**Aries** March 21 - April 20  
Try to relax this week. Keep a sense of perspective and remember that no matter how hard you try to get ahead it's the personal side of life that matters most.

**Taurus** April 21 - May 21  
You may not have a choice about what you have to do today but you do have a choice about how to do it. Do a good job and you'll be rewarded with more enjoyable tasks.

**Gemini** May 22 - June 21  
Love will come back into your life over the next few weeks — and you will feel more in tune with the world around you. Don't wait for others to tell you how much they care — tell them how much you care first.

**Cancer** June 22 - July 23  
If your body is sending you signals that it could do with a rest then you must heed the call. Not even a Cancer can keep up the relentless pace of the past few weeks. If you fall behind in your schedule, that's too bad.

**Leo** July 24 - Aug. 23  
No matter how many challenges you took on in recent weeks you came through them all unscathed. Your efforts were not in vain. The universe rewards those who strive.

**Virgo** Aug. 24 - Sept. 23  
Make an effort to see things from a partner's point of view. You'll get valuable insight into their personality, enabling you to make allowances for their behaviour in the future.

**Libra** Sept. 24 - Oct. 23  
Changes are inevitable but the good news is they will work in your favour. It may be annoying that travel and social plans have to be changed at the last minute but you can easily make new arrangements. Be flexible.

**Scorpio** Oct. 24 - Nov. 22  
You'll be pleasantly surprised by what happens today. Money matters will no longer worry but don't go mad and go on a spree because that will cause trouble all over again.

**Sagittarius** Nov. 23 - Dec. 21  
Focus on the things that are still going well for you rather than the things that may go wrong. You have lots to look forward to, so think positive and positive things will occur.

**Capricorn** Dec. 22 - Jan. 20  
You won't be able to hide or disguise your feelings much longer, and nor should you want to. It will be easy for you to let certain people know what you really think of them — not a lot it seems!

**Aquarius** Jan. 21 - Feb. 19  
No matter how reserved you may be usually, over the coming week you will leave those around you in no doubt about what you think and feel. It could get emotional!

**Pisces** Feb. 20 - March 20  
You'll find it easier to get along with employers and authority figures over the next few days, even those you have clashed with recently. There will be more respect going both ways.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9



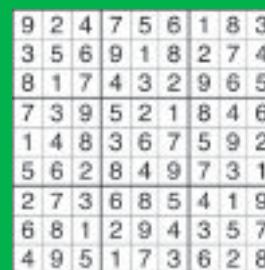
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